



Los Gatos: Growing Greener Together

Spring Into Action:

It's time to get moving Los Gatos



AT WORK

Ride Share

Start a carpool with colleagues who live in your neighborhood. It was recently reported that the majority of the greenhouse gases emitted by the Town, operationally, results from employees commuting to and from work. Sharing the commute also saves money, reduces stress associated with commuting, decreases the wear and tear on your vehicle and allows the opportunity to get to know your colleagues.

Bike to Work

May is a great time to join colleagues, neighbors and friends as we dust off those bike seats and pump up the tires in an effort to reduce our carbon footprint and increase our overall health.

Park your car and start a new commute habit on Thursday, May 13th for the 16th Annual Bike to Work Day. The Town is excited to participate in this event, sponsored by the Silicon Valley Bike Coalition. On Bike to Work Day, "Energizer Stations" will be set up on major bicycle commute routes throughout the Bay Area. These stations provide food, goodies and good cheer to encourage cyclists. More details and a map of "Energizer Stations" is available at: <http://bikesiliconvalley.org/btwd/es>

MAKE A DIFFERENCE

It is estimated that 1 gallon of gas emits 19.4 pounds of greenhouse gases into the atmosphere, and the average American commute is 16 miles each way. This would suggest that the average American uses about 1 gallon of gas per day to commute. If every household in Los Gatos biked or carpooled to work 1 day a month, for a year, together we could reduce our greenhouse gas emissions by over 12 million pounds annually!

You can calculate your carbon footprint for free at <http://www.carbonfootprint.com/calculator.aspx>

Hopping on your bike to commute is not only good for the environment, it is a great way to get in a daily work out, without making time for the gym. Regular exercise, such as riding a bike, has health benefits like reduced stress levels, lower incidents of disease and increase mood levels. Learn more about the benefits of exercise at: <http://www.mayoclinic.com/health/exercise/hq01676> Always consult your physician before beginning a new workout routine!

AT HOME

Ride Safely

Biking to work and school, is a great way for the whole family to stay healthy. Before your family heads out on the roadway, it is important for our kids to know the rules of the road. Join us from 10am—1pm on Saturday, May 15th for a Bicycle "Road-eo" at the Civic Center. This free event will have hands on stations set up to teach children, third grade and older, and their parents techniques and rules for safe riding. Children will need a working bike and helmet to participate. Check out the [Bicycle "Road-eo" event flyer](#) for more information.

Shop, Dine & Recreate Locally

There are many local shops, restaurants, parks and services right here in Los Gatos. Consider walking to dinner, biking to shop or picnicking in a beautiful tree lined park. With so much to do in Town, skip the headache of driving elsewhere while supporting the local economy.

LINKS

For more information on *Los Gatos: Growing Greener Together*, visit us at: www.LosGatosCA.gov/GrowingGreener

Bike to Work Day information is available at: <http://bikesiliconvalley.org/btwd>

Check out some of the benefits of biking: <http://www.ibike.org/encouragement/benefits.htm>

Looking for fun ways to teach your little ones about safe biking? Visit: http://www.crayola.com/calendar/detail.cfm?event_id=209&year=2010

Did You Know... California consumers still have time to buy a new energy efficient appliance, recycle, and save through the Energy Commission's California Cash for Appliances rebate program? The program launched on April 22, 2010 and continues through May 23, 2010 provided funds remain available. For more information visit <http://www.cash4appliances.org/partners/list.html>.



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